

JANUARY TO DECEMBER 2023

KICK SUGAR

12-MONTH COACHING PROGRAM

MONTH	TOPICS (The order may change as the course unfolds)
Weekly Group Coaching Calls (Levels 1 & 2 Foundational Recovery)	
JANUARY	<ul style="list-style-type: none">Embracing Abstinence and Using a Continuous Glucose MonitorUnderstanding Our Nervous System and Somatic Experiencing Tools
FEBRUARY	<ul style="list-style-type: none">Sugar Detox and Elimination DietTracking Triggers, Managing Snack Attacks, Learning from Slips
MARCH	<ul style="list-style-type: none">Rational Recovery PrinciplesSugar Dragon™ Technique
APRIL	<ul style="list-style-type: none">Switching Off the Stress Response (The 5 Pillars of Feeling Good)Self-Care Morning and Evening Routines
MAY	<ul style="list-style-type: none">Neurobiology, Attachment, and AddictionWhy Food Feels Like Love
JUNE	<ul style="list-style-type: none">Ask, Believe, and Receive (3 Steps to a Better Life)Letting Go of Sugar and Letting Good Come In (Let Go, Let God)
Monthly Group Coaching Calls (Level 3 Recovery Work Starts)	
JULY	<ul style="list-style-type: none">Parts Work (Internal Family Systems Style)Befriending and Disarming the Inner Critic
AUGUST	<ul style="list-style-type: none">Freeze Response and Tummy TimeBody-Felt Sense of Safety and Support
SEPTEMBER	<ul style="list-style-type: none">Positive Intelligence (Shirzad Chamine Style)Overcoming Negative Thinking
OCTOBER	<ul style="list-style-type: none">Cognitive Behavioral TherapyReframing Limiting Beliefs
NOVEMBER	<ul style="list-style-type: none">Claiming our Spiritual PowerLiving a Self-Lead Life
DECEMBER	<ul style="list-style-type: none">RecapNext Steps